



New guy in town, meet him here
see page 6



Looking for something to do?
see page 11



Next issue street date
Friday, Aug. 11th
Submission deadline
Friday, Aug. 4th

SECNAV, CNO present future to Navy’s top Master Chiefs

By MCH1(SCW) L. A. Shively,
Master Chief Petty Officer of the Navy Public Affairs

ARLINGTON, Va. (NNS) — Secretary of the Navy, the Honorable Dr. Donald C. Winter, Chief of Naval Operations (CNO) Adm. Mike Mullen and several other top Navy leaders presented their vision for the future of the Navy during the 2006 Senior Enlisted Leadership Forum here July 11.

Topics spanning the Navy’s role in the global war on terrorism (GWOT), diversity, manning initiatives and quality-of-life issues led the agenda.

In his speech, Winter stressed that although the unique competencies of the Navy have already made a lasting impact domestically with hurricane recovery, and internationally through supporting reconstruction efforts in the GWOT, he said retooling resources to focus on undertakings such as a brown-water fleet is the beginning of a transformation having implications for the entire Navy family.

“We are going from a force that has been focused on winning the fight in blue water to a force that is fully capable and engaged in blue, green or brown water,” Winter said.

In January the Navy Expeditionary Combat Command (NECC) was officially commissioned



Navy photo by Mass Communication Specialist 1st Class Brandon W. Schulze
Chief of Naval Operations (CNO) ADM Mike Mullen speaks to the Navy’s top master chiefs regarding a variety of issues impacting the Navy at the 2006 Senior Enlisted Leadership Forum.

and tasked with creating a riverine force ready for deployment to Iraq next year. The NECC combines naval construction (Seabees), logistics, ordinance disposal, diving, salvage and maritime pro-

tection.

“This is our number one priority right now - to effectively prosecute the war on terror,” Winter

Cont. on page 3



Geronimo-o-o-o-o-o-o!

ENS Ken Jew (lower, NOT in leopard print jumpsuit) of the NWS Public Affairs office takes a giant leap of faith, performing a tandem jump with Dave Bear, jumpmaster of Walterboro Skydive Inc. during a recent skydiving adventure trip sponsored by NWS-MWR. For the complete story and pictures from the day, check out page 12 for more. If you’d like to participate in the next skydiving trip, watch the Leisure Times section of the *Shoreline* for upcoming dates and times.

Photo by Nick Swindle

Naval Weapons Station Charleston



Mission

To enable warfighter readiness by providing base facilities, infrastructure and operational support to our tenant commands.

Commanding Officer
CAPT Gary W. Edwards
Executive Officer
CDR Gregory Claibourn
Command Master Chief
CMDMC(SS) Bob Shannon

About the Shoreline

The Navy Charleston Shoreline is an authorized publication for members of the military services and their families. Its contents do not necessarily reflect the official views of the U.S. government, the Department of Defense, the U.S. Navy and do not imply endorsement thereof. The editorial content and any supplement is prepared, edited and provided by the Public Affairs Office of NWS Charleston.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Navy, NWS Charleston or Diggle Publishing Company, of the products and services advertised.

Everything advertised in the Navy Charleston Shoreline shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Deadlines

Deadline for all routine copy is close of business the Friday before publication. The Shoreline reserves the right to edit all copy submitted for publication.

Editorial Content

Questions and comments can be directed to the editor. The Navy Charleston Shoreline can be reached at (843) 764-4094 or by fax at (843) 764-7307 or write the Navy Charleston Shoreline, 2316 Red Bank Road, Suite 100, Goose Creek, SC 29445. All news releases should be sent to this address.

Editorial Staff

Public Affairs Officer
Scott Bassett
Deputy Public Affairs Officer
JO1(SW) Brianna K. Dandridge
Editor/Graphic Design
Bart Jackson
PAO Staff
Ens. Ken Jew

Publisher

The Navy Charleston Shoreline is published and distributed by Diggle Publishing Company, a private firm in no way connected with the U.S. Navy and under exclusive written contract with the U.S. Navy. It is published by Diggle Publishing Company whose mailing address is P.O. Box 2016, Mount Pleasant, SC 29464. Estimated readership is over 10,000.

Advertising

Advertisements are solicited by the publisher and inquiries regarding advertisements should be sent to: Diggle Publishing Company, Tel-(843) 972-2356; Fax-(843)856-0098; Email-chuck@digglepub.com.

Captain's Log



By CAPT Gary W. Edwards
Commanding Officer NWS
Charleston

This issue, my topics are National Night Out/Back to School Night, hurricane preparedness and of course safety, but first some congratulations are in order. Last week, our Galley was evaluated by a team from Navy Region Southeast and our wonderful galley team achieved 5 Star Accreditation! Congratulations and well done to Food Service Officer LTJG Danny Headrick, his Navy team, and the Goodwill Industries partners who do such a great job of providing fine tasting and nourishing food for our Naval Nuclear Power Training Command students.

Now, for the National Night Out (NNO)/Back to School Night. NNO is designed to heighten crime and drug prevention awareness; generate support for, and participation in, local anticrime programs; strengthen neighborhood spirit and police-community partnerships; and send a message to criminals letting them know that neighborhoods are organized and fighting back. We didn't do a National Night Out on base last year, however, last year's National Night Out campaign involved citizens, law enforcement agencies, civic groups, businesses, neighborhood organizations and local officials from over 10,000 communities from all 50 states, U.S. territories, Canadian cities and military bases worldwide. In all, more than 34 million people participated in NNO 2005. This year we are going all out with a very unique evening – this is a combination National Night Out and Back to School Night, put together in a cooperative effort between Security Department, Fleet & Family Support Center and Moral, Welfare and Recreation. This great event will be take place Tuesday, August 1, from 6 – 8 pm at the Family Housing Community Center located on Fletcher Street. This event will include child fingerprinting, back to school supplies, a dunk tank, jump castle, face painting, prize raffle, bike registration, information and displays, free hotdogs and Sno Cones, and much more! This will be a unique crime/drug prevention and back to school event. I'll be there; I hope you'll be there too.

The other day I watched a videotape of the devastation that Hurricane Hugo wreaked on the Naval Weapons Station. Pretty astounding! For those of you that weren't here in 1989, this was a big powerful storm that came ashore here. At the time it was the strongest storm to hit the continental United States. It shows you that – yes, it can happen here – and yes, we need to be ready. We've been in the hurricane season for about two months now and with the exception of a few tropical storms it's been quiet. I suspect that things are about to change – and remember that August and September are the months where hurricanes are more likely to hit in our area – Hugo was a September storm.

If you and your family haven't already done it, get a personal hurricane plan together. Now is the time to stock up on hurricane supplies. When the weather forecasters announce that a storm is heading our way, the crowds have historically overwhelmed the stores and many emergency items just aren't available. Act now! The coming editions of the Shoreline will be promoting hurricane preparedness so take heed and be ready to answer if you are asked "Are you ready?" Don't forget that Navy uniformed personnel and civilians including NAF civilians have an obligation to muster with their command following a disaster. If you don't know the details on how to do this, ask your command.

And on safety: As you know, we have been focusing a lot of effort on ensuring that Naval Weapons Station Charleston is a safe place to work. The Voluntary Protection Program is our mechanism to accomplish this. It requires a commitment to safety and excellence. Soon, at an undisclosed time (a "surprise inspection") OSHA will visit us to review our program. Simply stated, the VPP inspectors will be looking at how we do business. We want to accurately reflect our programs as the progressive, comprehensive and compliant ways of performing work that we have developed and fostered over our long history at the Weapons Station. An excellent indicator of the health of any management program is the number of mishaps and near misses sustained by that organization. As always, our goal is to minimize mishaps through better management and control of our work processes. That is what VPP will help us achieve, by working safely though a process of cultural change.

Join me in two weeks for my last Shoreline column. Please stay safe out there.

Chaplain's Corner

No, we don't have to be perfect!

By LT Anthony Hodge
U.S. Navy Reserve, All Saints Chapel

Of the varied reasons persons use for not establishing a relationship with God or for not attending a community of faith, the one that sticks out for me is that they feel like they have to be perfect. My response to anyone feeling this way is to tell them that they don't have to be perfect because God is not looking for perfection from us. God is simply looking for persons willing to move from one level of spirituality to the next.

At present, I know of no one in this life who has reached the level of perfection.

When Christ was starting his ministry in this

life and began soliciting persons to follow him, he knew that they were imperfect. One only has to look at the lives of Christ's earlier followers and one will quickly discover that these individual had their short comings. If interested, try a Bible study of the lives of Simon Peter, Thomas, and the

Brothers James and John and you will discover that these persons had issues in their lives that needed addressing but they were still chosen by Christ to be his disciples. Even with their short comings, these same individuals were able to spread the Gospel of Jesus Christ in significant ways.

Wherever we find ourselves today spiritually, God can still make things better if we allow ourselves to be open to God's invitation to follow God. I clearly believe that just as Christ called imperfect persons to spread the Good

News in his era, God is still calling imperfect people today to serve him. I operate out of the concept that God does not view us the same way we view one another. I honestly believe that God is aware of all of our short comings is also able to see the improvements that each of us can make if we allow ourselves to be open to where God is leading us.

If you have not already, I am asking that you please consider a relationship with God and try to connect with a community of faith where you can grow in your spiritual walk. Once you have done this, continue seeking to grow in your faith walk and God will be able to use you to emphasize or re-emphasize to others that God is not looking for perfect people to follow God. No, God is more concerned with shaping people into becoming who they were originally created to become.

SECNAV, CNO to Chiefs

continued from Page 1

said, elaborating that many of the activities are in line with the classic goals and missions of the U.S. Navy such as maritime security, medical, logistical and tactical air support throughout the area of operations in the Gulf.

Winter said preparing for deployment beyond war-fighting capabilities is also imperative. Sailors need to know how to act and communicate in cultural environments in which they are working to ensure they complete their mission in an effective manner.

"We are going to be involved in a very direct sense with many other nations and with many other cultures around the world," Winter said. "In the same sense that we have Sailors who are comfortable with working with various technologies, we are going to have to have Sailors that really understand what it means to be working in a multi-cultural environment."

Winter encouraged the panel to facilitate good communication between themselves and their Sailors. He wanted senior enlisted to help Sailors increase their efforts toward better emergency preparedness and expressed concern over predatory lenders putting Sailors at risk. Other items discussed included increasing awareness of voting rights among the junior enlisted and curbing safety incidents.

Continuing with the briefs from the Navy's top leadership, the CNO emphasized his top three priorities for the force: sustain combat readiness, build a fleet for the future and develop 21st century leaders, while he pressed his chiefs to implement these goals through effective, two-way communication and finding the ideal in each Sailor.

"Every Sailor has the potential to be a leader," Mullen said. He also underscored the need for a more diverse force to include women and minorities and outlined his three-phase operation for reaching this goal. He said phase one, data collection, was complete. Phase two, crunching numbers, was in process. Phase three, execution, was planned for the fall.

"We need to address the small number of minorities in technical ratings, mentor minority officers and implement career-long diversity training," Mullen said.

Mullen also placed a huge emphasis on families as the critical factor in the equation for retaining quality Sailors. He said he looked toward organizations such as Fleet and Family Support Center for creating a comprehensive strategy and an impact in personal dignity and respect as part of culture of the Navy.

"The chief's mess is where the rubber meets the road," said Mullen. He concluded by expressing his confidence and support of the Navy's top enlisted leaders to move forward and get the message out as he concluded his session with the panel.

"We can communicate, talk, discuss, we can argue about issues that are real and impact every one of us," agreed CNO-Directed Command Master Chief (SW/AW) Kelly Schneider, U.S. Naval Forces Central Command. "From our level and our experiences we may be able to come up with ideas, results, and concepts that help mitigate issues our Sailors are dealing with. At the end of this we all go back with the same message, aligning them and every single Sailor is benefited."

The forum is held twice annually to stimulate information exchange and communication between fleet, force and CNO-directed command master chiefs and the Master Chief Petty Officer of the Navy (MCPON).

Naval Hospital Charleston excels in joint survey

By Roberta Neighbors
Naval Hospital Charleston

Naval Hospital Charleston and the Naval Weapons Station Branch Medical Clinic were surveyed by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) July 11-13, 2006. The command was also surveyed by the Medical Inspector General (MEDIG) of the Navy and Medical Occupational Safety and Health (MEDOSH) teams the same week.

For a healthcare facility to maintain accreditation, the survey must be completed every three years. The survey includes all perspectives of patient care, quality of care, resources, leadership, administration, and customer satisfaction. The JCAHO's preliminary report

scored us very high with few recommendations.

The JCAHO, a private not-for-profit organization, is the leading healthcare accrediting body in the world. Accreditation validates that the command is meeting or exceeding patient care and safety standards. This year's accreditation process included new patient safety standards as a result of recent publicity regarding dangers in U.S. healthcare and medication incidents. Naval Hospital Charleston was found to be compliant under all the standards and all safety measures were well within the expanded standards.

The surveys are geared toward process and performance improvement and offer the command a unique opportunity to showcase its strengths while also addressing its patients' needs. The

IG's mission is to assess the Navy medical commands in support of the Chief of Naval Operation's priorities of Manpower, Current Readiness, Future Readiness, Quality of Service and Alignment. The IG team was very impressed with Naval Hospital support of area commands and the strong partnership with network resources to provide primary and specialty care services to military healthcare beneficiaries.

Naval Hospital Charleston is proud to be recognized among the top tier of healthcare facilities in the United States. Our successful JCAHO accreditation survey is a tribute to the continuous hard work of our staff, meeting the healthcare needs of our patients while providing the highest standard of care available.



The Armed Services Blood Program (ASBP) needs your support. Everyday the ASBP supplies blood in large quantities to support Operation Iraqi Freedom and Operation Enduring Freedom as well as everywhere else around the world that our service men and women are fighting. You can help by donating blood at the Bowman Center, building 2401 on NNPTC circle at Naval Nuclear Power Training Command, Naval Weapons Station Charleston on Tuesday 1 August from 1300-1800 or Wednesday 2 from 1000-1700. All blood types are needed. 100% of the blood donated goes to the men and women of the United States Armed Forces (active and retired) as well as their families. By donating to the ASBP you are reducing the amount of blood at \$250.00 per unit and platelets at \$800.00 per unit that need to be purchased from other sources. It is important that we all do what we can to help. So please come out and show your support. If you have any questions please contact FT1(SS) Tweedy.



Looking for a job?

Family Employment Readiness Workshop- Held every Tuesday 10:00 - 11:00 a.m. at FFSC, BLDG 755. This workshop provides assistance, information and referral on employment and educational resources and opportunities to eligible family members of military personnel, retiring and separating military personnel and family members of relocating civil service personnel. A local staffing agency is available after the workshop. Call 764-7480 for more details.

www.nwschs@navy.mil

BRAVO ZULU!

CDR(sel) Bill Rabchenia, NWS waterfront operations officerr, has been selected for Commander. "This is a great thing for me, my mom will be so proud." he said.





WISH committee on Station

NWS Charleston has an active Workers Integrated Safety and Health (WISH) Committee, consisting of representatives from various departments on Station. This committee helps identify and abate workplace hazards, assist in mishap investigations, critiques and lessons learned, and serves as a safety point of contact in their department. As such, this representative provides another means for the worker's to voice concerns and recommendations aimed at enhancing workplace safety and improving work processes. Collectively, they assist in the identification and mitigation of systemic and specific hazard issues and produce viable recommendations to the Command. The Chairperson serves as the WISH liaison to the Command's Integrated Safety and Worker's Compensation Action Committee (ISWAC) and has access to Command for addressing pertinent safety issues. Anyone interested in becoming a member of the WISH Committee should contact Steve Gagat in the Safety Department at 764-7821 x27.

Youth Center

Register your children now for "Bear Hugs" before & after school program

Your goal is to give your child a loving start on life and learning. Aren't you glad to know that's the NWS Youth Center's goal, too? The "Bear Hugs" before and after school program is for ages 6-12 and offers snack time, supervised play period, homework period and exciting projects every day. Children may be dropped off as early as 6 a.m. at the Youth Center and must be picked up by 6 p.m. The cost for the program is determined by a sliding fee scale, based upon your total family income. Register your children today because the program starts Aug. 14. For more information, call the Central Enrollment and Waiting List (CEWL) office at 764-7984.

Registration for "Kindergarten Express" program

The Youth Center is sponsoring a "Kindergarten Express" program for ages 4 and 5. All children attending K-4 or K-5 morning or afternoon kindergarten sessions at Marrington Elementary and Goose Creek Primary School can be transported to and from school. Children may be dropped off as early as 6 a.m. at the Youth Center and must be picked up by 6 p.m. All children need to have a sack lunch or purchase the lunch special at the Youth Center snack bar. The cost for the program is determined by a sliding fee scale, based upon your total family income. Register your child for "Kindergarten Express" today because the program starts Aug. 14. For more information, call the Central Enrollment and Waiting List (CEWL) office at 764-7984.

Registration for "Tiny Tots" day camp program at NWS Youth Center

The Youth Center is currently accepting registrations for its "Tiny Tots" day camp program. The program, for ages 3-5, will keep your children busy with fun activities, such as arts and crafts, games, dancing, singing and much more. The program will start Sept. 5 and will be held Mondays through Fridays from 9 a.m. to noon at the Youth Center. The cost is \$70 per child per month, \$95 for two children and \$120 per month for three children. For more information, call the Youth Center at 764-7809.

The Navy Charleston Shoreline



Photo by Scott Bassett

Bravo Zulu!

Congratulations to this quarter's Sailors of the Quarter. They are (from left) Bluejacket of the Quarter MASN Marquita Reyes, Junior Sailor of the Quarter MA2(SW) Robert Donald and Sailor of the Quarter IC1(SW) Nick Leone.



Photo by Bart Jackson

Hey mister...want your car washed?

Station Sailors, (from left) PSSN Michael Woodall, MA3 Jessi Ralston and BM1(SW) Christopher Gray are shown "sweatin' out a buck" during a recent Navy Ball fundraiser. Sailors will be out once again this weekend, Saturday the 29th, behind the Autoport, washing cars, cooking burgers and dogs, all to raise funds for this year's Navy Ball. So bring that muddy 4x4 over and make a donation and help support your Navy Ball fundraisers!



New Sports Director, brings renewed enthusiasm to MWR

By Bart Jackson
Navy Charleston Shoreline

You just gotta' love having a job that you are truly passionate about, and you actually look forward to going to work each day. Such is the case with MWR's newly-hired Sports Director, Alec Culpepper. "I'm just living a dream, job satisfaction has always been on the top of my list," says Culpepper who recently transferred to NWS Charleston from the Naval Station in Sasebo, Japan.

Despite the fact that this is his first time living in Charleston, Alec brings 7 years of experience and a passion for sports to MWR and his hopes and wishes for the department go right along with his enthusiasm level. "I want our MWR to be one of the best out there, I want people when they transfer out to tell others at their next duty station, what a great MWR department they had at NWS Charleston."

As a graduate of the University of Southern Mississippi, he has been taught and attempts to implement at each duty station a "culture of fitness" especially stateside as "the emphasis in sports and fitness is much stronger in Europe and

Asia versus the states, the kids especially fall into the state of complacency," he said. But that is all starting to change," the overall awareness of health and fit-

ness is much stronger in the Navy community, but as Culpepper points out, "Parents still need to put away the video games and make the kids get out and

play, just as most of our parents did when we were kids growing up. We need to constantly strive to improve the fitness culture, and the Navy is especially strong in that aspect supporting and promoting youth and intramural sports programs."

"We must create a culture of fitness, and that starts from the top down, that's where your Station's MWR department comes in. We want to create an atmosphere, where people will want to take advantage of the amenities afforded to them on Station, as opposed to going out in town." We have some fine fitness and workout facilities here on base and we want people to think of us first," said Culpepper, as opposed to going "out in town."

As far as the future, Culpepper is optimistic about the upcoming realignment and working with the Air Force. "The Air Force has traditionally been better at funding facilities needed for sports and recreation, and that is the area that we at NWS Charleston need to address. We have some great people on staff, and programs in place as well, but there is always room for improvement," says Culpepper "After all it is what you make it."



Photo by Bart Jackson

The new "sports guy" in town

Alec Culpepper, MWR's new sports director shows off just one of his many talents and sporting prowess. Look for a new attitude and concepts when it comes to sports and recreation on station. Welcome aboard Alec!



**Have some input, or something you'd like to see in The Shoreline?
Please submit to: shoreline@navy.mil or call: 843-764-4094**

MCPON Campa 'Saddened' at Passing of Former Master Diver Carl Brashear

By MCMC Michael Foutch
Navy Public Affairs

WASHINGTON (NNS) — With the passing of former Master Diver Carl Brashear July 25, "the Navy has lost a great shipmate," Master Chief Petty Officer of the Navy (MCPON) Joe R. Campa Jr. said.

"I was tremendously saddened at the word that Carl Brashear had passed on," Campa said. "We've lost not only a friend and a shipmate, but one of the most inspirational people who have ever served our Navy."

Brashear, whose life story was immortalized on the big screen in the movie, "Men of Honor," passed away at Portsmouth Naval Hospital, Va. He was 75.

Born in Tonieville, Ky., and graduating from a small segregated school nearby, Brashear enlisted in the Navy as a steward in 1948. After a tour handling aircraft at Air Test and Evaluation Squadron (VX) 1 in Key West, Fla., he became a boatswain's mate and served aboard USS Palau (CVE 122) and USS Tripoli (CVE 64), where he received training in salvage operations.

At the time of his enlistment, opportunities for minorities in diving and salvage operations were very limited. Brashear overcame not only the strenuous physical requirements, but the discrimination he faced on his way to successful completion of the school. He became the Navy's first African-American deep sea diver.

In January 1966, an accident on a salvage mission off the coast of Spain left his left leg badly injured. After fighting through continual infections, Brashear asked his doctors to amputate the lower portion of his leg, avoiding years of painful medical procedures and with a hope he could one

day return to full duty.

"His perseverance through grueling physical struggles," Campa said, "not to mention his amazing will to succeed despite the barriers placed before him by the society of his



U.S. Navy file photo provided

time, will continue long into the future to define what it means to be a hero."

Brashear successfully fought attempts by medical survey boards which attempted to medically retire him due to his injury. Two years later, he became the first amputee in the Navy to be certified as a diver. In 1970, he earned his Master Diver pin, the first African-American to do so, and served for nearly a decade beyond that, including tours at Harbor Clearance Unit 2, Naval Air Station Norfolk, Experimental Diving Unit, submarine tender Hunley (AS 31), USS Recovery (ARS 43), Naval Safety Center, and Shore Intermediate Maintenance Activity Norfolk. He retired in 1979 as a Master Chief, and subsequently retired from civilian government service in 1993.

"The story of his Navy career," Campa added, "is an example of how one person can make a lasting difference through their strength of character and sheer determination. He didn't make the Navy a better place by just doing his job as a diver, he did that by not accepting the limits placed on him because of his race. He insisted that opportunity be measured by potential and one's ability to do the job."

Campa added that Brashear will continue to inspire Sailors for generations to come.

"Carl Brashear will be missed," Campa added, "but his legacy will live on through the opportunities we now pride ourselves in offering for all those who wear the uniform of a United States Sailor."

For related news, visit the Master Chief Petty Officer of the Navy Navy NewsStand page at www.news.navy.mil/local/mcpon/.

NATIONAL Night Out '06
POLICE - COMMUNITY PARTNERSHIPS
It's America's Night Out Against Crime
& BACK-TO-SCHOOL FAIR
PRESENTED BY NAVY SECURITY DEPT. & NAVY DEPT.

FREE ADMISSION

- Dunk Tank
- Jump Castle
- Face Painting
- Prize Raffle
- Bike Registration
- FREE Hotdogs
- FREE Sno Cones

TUESDAY, AUG 1
6-8 PM
COMMUNITY CENTER
ON FLETCHER STREET

SPONSORED BY

NEX Navy Exchange

Navy Wives Club of America

INFORMATION & DISPLAYS PROVIDED BY:

- Flint & Family Support Center
- Naval University of Science & Technology
- NAVJAG Department
- People Against Rape
- Security Blue Patrol
- Crime Prevention
- 3-1-1 helpline
- NAVJAG Housing
- My Sailor's House
- Security Beach
- McGuire
- Twelve
- Destiny To Uplift

For More Information, Contact Tommy Prexley 764-7212

OPERATIONS & MAINTENANCE TIP

NMCI User Alert — Turn Systems Off

New enhancements to NMCI computers allow them to receive updates even when the computer is off. Effective immediately all computers should be turned off every night.

- Computers will automatically turn on when it's time to receive software pushes
- Not only your computer, but monitors and printers can be shut down too

NWS Youth Center to host Open House

The Youth Center will host an Open House for parents interested in the School Age Care Program, Tiny Tots Program, instructional classes and summer and holiday camps. The Open House is scheduled for Aug. 9 from 6 to 8 p.m. at the Youth Center (Bldg. 788, located next to All Saints Chapel).

Come see the Youth Center with 12 classrooms, a teaching kitchen, computer lab, snackbar/gameroom and covered outdoor basketball court. We will have information available on the School Age Care Program and schools that we provide transportation. Come out and meet the staff, and have some refreshments.

The Youth Center is also the home of the "Good Times Fun Factory," offering Rent-a-Birthday Parties, jump castles, carnival games, dunk tank and much more. For more information, call the Youth Center at 764-7809 or 764-7946.





Leisure TIMES

MWR News For Navy Charleston

Unless otherwise indicated, Liberty trips and events are open to all hands of NWS Charleston and its tenant commands (active duty, civilian and dependents, ages 18 and up). Sign up for these events at the ITT office located in the Outdoor Adventure Center (Building 1700, Fletcher Street). The ITT/OAC/Liberty building is open from 11 a.m. until 6 p.m., Monday through Friday, and 11 a.m. to 4 p.m. on Saturday. Call 764-7002 or 764-2120 for more information or check us out on the MWR website at www.mwr.nwschs.navy.mil.

Put on your dancin' shoes!

Dance-Dance Revolution Tournament, Tuesday, Aug. 1, at lunch in the NNPTC Activity Complex. Price is \$2 per person

We can dance if we want to, we can leave your friends behind, 'cause if your friends don't dance and if they don't dance well there no friends of mine! Dance-Dance Revolution is the new craze sweeping the nation. If you think you have what it takes to win this tournament, then show up and bring your best moves. For more information, please contact Kara at 764-7002.

Strike!

Bowling Madness, Thursday, Aug. 3, 6 p.m. at Marrington Bowling Center

STRIKE! Join Liberty for a night of bowling madness. There will be contests with prizes for things such as highest score, striking in certain frames, and much more. For more information, please contact Kara at 764-7002.

Kick it to me!

Kickball, Tuesday, Aug. 8, 4:30 p.m., on the NNPTC Multi-Purpose Fields

Remember school yard kickball games during recess, when the only thing to worry about was cooties? Well, Liberty wants to bring back that feeling. Get your mind off of school and join us as we take you back to younger days. The first pitch of the bouncy ball will be at 4:30 p.m. For more information, please contact Kara at 764-7002.

Putters wanted

Miniature Golf, Thursday, Aug. 10, the van will leave the ITT/OAC parking lot at 4 p.m. Price is \$5.50 per person!

You don't need to be Tiger Woods to keep up here. Liberty will be going to Frankie's

Fun Park to play a little friendly game of miniature golf. Sign up at ITT/OAC by Aug. 8. For more information, please contact Kara at 764-7002.

Movie time at The Dive

Dive in Movie, Friday, Aug. 11, 7:30 p.m., at New Wave Aquatic Center

Have you ever wanted to watch a movie while you were relaxing in a swimming pool? Well, here's your chance. Liberty will be going to New Wave to watch a movie. Children are more than welcome. For more information, please contact Kara at 764-7002.

Day of fun on the State line

Carowinds, Saturday, Aug. 12, the van will leave the ITT/OAC parking lot at 8 a.m. Price is \$39.00 per person, which includes transportation and admission ticket! If you like roller coasters then join Liberty as we spend the day at Carowinds. This trip is open to all kids, ages 8 to 99 (you're never too old to enjoy an amusement park!). Sign up at ITT/OAC by Aug. 9. For more information, please contact Kara at 764-7002.

So...you think you can karaoke?

Karaoke Night, Tuesday, Aug. 15, 6 p.m., in the Dive

There is nothing better than to hear the sweet sound of amateurs singing off key to an old classic in front of a bunch of people they don't know. There are karaoke bars all over the country but, now, Liberty is bringing it to Cap'n Roberts Dive. For more information, please contact Kara at 764-7002.

Go climb the rock!

Rock Climbing Challenge, Thursday, Aug. 17, 4:30 p.m., at OAC

Have you ever been suspended 30 feet in the air by a rope? Or timed how fast you can scale a wall? Liberty is providing you with the ultimate rock climbing challenge. There will be several obstacles to overcome and challenges presented. This will also be the perfect opportunity for those who have never been on the wall to experience what it is all about. For more information, please contact Kara at 764-7002.

Up the creek with a paddle

Kayaking, Saturday, Aug. 19, the van will leave ITT/OAC at 11 a.m. Price is \$15 per person!

Take on the surf and sun while kayaking at Short Stay with Liberty. You can relax and

get a tan, work out your arms racing other kayakers, or just enjoy the beauty of your surroundings. This is a great way to spend time with the family or have a class trip. Sign up at ITT/OAC by Aug. 17. For more information, please contact Kara at 764-7002.



Ready to get wet?

New pool schedule begins in August

Eastside Pool will close for the season at the close of business on Aug. 6. However, New Wave Aquatic Center will remain open for your swimming pleasure under new hours of operation. Beginning Aug. 14, the new hours for New Wave will be from 3 to 5:30 p.m., Monday through Friday. The weekend hours will remain the same, from 12 noon to 7 p.m.

Military lap swim will be available only at New Wave Aquatic Center weekdays from 5:30 to 7:30 a.m. and from 11:30 a.m. to 12:30 p.m. For more information, call New Wave Aquatic Center at 764-7033.



Time to tee it high!

Three-club golf tournament scheduled

The Redbank Plantation Golf Association will have a three-club golf tournament Saturday, Aug. 12 at Redbank Plantation Golf Course. In this tournament, no handicap will be allowed and the players are only allowed to use three clubs from their bag. All players will tee off from their regular tees. Participants will be flighted according to their handicap. Prizes will be awarded according to participation. The cost is \$15 plus cart and green fees. Please note that all golfers are welcome to participate in the association tournaments. Call Redbank Plantation Golf Course at 764-7802 to sign up or for more information.

And let it fly!

Individual stroke play golf tournament scheduled

The Redbank Plantation Golf Association will have an individual stroke play golf tournament Saturday, Sept. 2 at Redbank Plantation Golf Course. There will be low gross and low net prizes using handicap. A player cannot win both low gross and low net. Prizes will be awarded according to par-

ticipation. The cost is \$15 plus cart and green fees. Please note that all golfers are welcome to participate in the association tournaments. Call 764-7802 to sign up for this tournament or for more information.



It's softball time again...

Registration deadline announced for intramural softball

The registration deadline for intramural softball is Aug. 25. Registration will take place at the Athletics office in building 725, MenRiv Plaza. Play will begin Sept. 11. This is a non-Captain's Cup event. For more information, call 764-7530.

Spike!

Intramural fall volleyball registration deadline announced

The registration deadline for intramural fall volleyball is Sept. 15. Registration will take place at the Athletics office in building 725, MenRiv Plaza. Play will begin Sept. 25. This is a Captain's Cup event. For more information, call 764-7530.

Ringers and leaners

Registration deadline announced for intramural horseshoes

The registration deadline for intramural horseshoes is Sept. 29. Registration will take place at the Athletics office in building 725, MenRiv Plaza. The tournament will be held Oct. 6. This is a Captain's Cup event. Call 764-7530 for more information.

Registration end nears

Youth soccer registration ends today (Jul. 28)

Today (Jul. 28) is the registration deadline for youth soccer. Registration is being held at the NWS Youth Center until 6 p.m. this evening. Boys and girls (ages 4-15) may register. The cost is \$40, which includes shorts and jersey. The season will run from mid-September through November. Call 764-7530 for more information.

Free registration*

*Free youth soccer registration for volunteer coaches!

The MWR Athletics office is seeking volunteer coaches for the upcoming youth soccer season. Any volunteer wishing to apply as a head coach of a youth soccer team will be entitled to one free youth soccer registration for their child! Coaches must attend a

One giant leap for Station Sailors

Story and photos by ENS Kenneth Jew
Navy Charleston Shoreline

Morale Welfare and Recreation (MWR) receives high marks as 16 Sailors from Naval Weapons Station Charleston tested their fate, plunging 10,500 feet in the air towards Davy Jones' Locker.

On July 15, MWR hosted a skydiving event at Skydive Walterboro, Inc. in Walterboro, S.C. Early that morning, Sailors waited anxiously at MWR's Outdoor Recreation Center, ready and willing boarding a van that would be taking them to the historic town.

Walterboro's climate lacked the oppressive heat and humidity of the seacoast, which was evident as a cool breeze was felt immediately after stepping out of the van. There was a slight overcast that morning as the Sailors arrived. Some wondered if the weather would hamper their first opportunity to put their body to the extreme test, whereas others wonder what gave them the idea to skydive.

"My dad had skydived 20 years ago so the sport always intrigued me. With MWR, I now have the opportunity to try it out myself," said FA Alex O'Connor, a Rochester, New York native.

While Sailors waited quietly, Walterboro Skydive Inc.'s jumpmasters paraded through the hangar bay- their demeanor, cocky but confident. For pleasure, each jumpmaster approached the group of Sailors telling tales of fate and fortune on their first plunge. But in the end, the jumpmasters would comfort the Sailors and tell them that they need not to worry. Some, whom were war veterans (although not Navy), would recall stories of their tours in the military, which immediately created a bond between the two.

"I retired as an Army Ranger and worked for Delta. Now that I'm retired, I had all the time in the world to spend at home. But since my wife was used to me being away, she told me I had to find something to do to get out of her way," said jumpmaster Mike Clemmons.

"Being in the military myself, I have the greatest respect for what you guys are doing," stated Clemmons.

As soon as the Sailors got comfortable, they were immediately called upon to sign lawsuit waivers pertaining to accidental injuries and death. It soon hit each one that what they were about to do is unnatural in any sense of the imagination. Nonetheless, they signed each waiver, not wanting to give up the opportunity of jumping out of a perfectly good airplane.

The Sailors were paired and given a crash course in freefalling maneuvers. Each donned harness provided by Walterboro Skydive Inc. While most Sailors opt for the tandem ride (a 10,500 feet jump with a freefall of about 45 seconds), a few elected to go solo on what is called a static line jump (a 3,500 feet jump that immediately activates the parachute upon jumping out of the airplane). Regardless of the choice, Sailors were guaranteed a ride that would be extreme and unforgettable.

It took little time for the first two Sailors to board the plane and take off but it seemed like an eternity for them to jump out of it. The small, single propped Cessna made about two passes over the airport before disappearing through the clouds. Many on the ground waited several minutes hoping the two souls were safe.

After a few minutes of waiting, anticipation subsided as two chutes were seen opening. While in the air, the chutes were seen doing several corkscrew maneuvers, making those on the ground stare in awe of the spectacle. A sense, an epiphany if you will, dawned on the spectators. Those waiting for their jumps realized that the only way to conquer fear is to confront fear head-on.

Two by two, Sailors boarded the plane and plunged through the sky. Each landed, exhaustedly, amazed at what they had just experienced. Ultimately, everyone who went on the trip considered it a success. Some even told tales of their own.

"As we were ready to jump, the door just slammed open. When I looked out, I asked myself what the heck was I thinking about when I decided to do this. Then the jumpmaster pushed me out," said FA Michael Delpapa, from Adams, New York.

"At first you're just floating through the clouds, but once you were out, you see the ground and it is coming at you very fast.

"It was the biggest rush I ever had in my entire life. I would definitely do it again," said Delpapa.

FA Andrew Geilenfeld from Clear Lake, Iowa, agreed that, "the freefall was by far the greatest rush I ever had."

MWR and Walterboro Skydive Inc. should be commended on their partnership in bringing excitement and fun to the weapons station. And to Davy Jones, he will just have to wait another day, for these Sailors had conquered their fears.



Station Sailors relax a moment before the mornings training session.



A Walterboro Skydiving Inc. employee packs a chute for the next round.



Dave Bear (jumpmaster) secures harness to FA Michael Delpapa.



National Youth Sports Coaches Association (NYSCA) coach’s certification class prior to the season. Registration for youth soccer ends today (Jul. 28) at the NWS Youth Center. If you have any questions, please call the Athletics office at 764-7530.

Come sweat with us

Catch up with the rage!
The “Road Rage” is a 5K race held monthly and is run through Navy Housing. The race begins at 6:30 a.m. and is held the last Wednesday of each month. The next race is scheduled Aug. 30. All runners should meet outside of Sam’s Gym Fitness Center on Jefferson Street. The race is free to all participants and is open to all active duty, retirees and dependents. No registration is required. Prizes will be awarded to the top male and female finishers in the following age categories: Overall, 18-22, 23-28, 29-34, 35-39, and 40 & over. Call 764-7530 for more information.

Back and muscle aches wanted

Massage therapy...get into the “squeeze” of it!

Massage therapy is available at NWS Charleston with certified massage therapist, Wendy Elkady, to serve you better. Fees are \$25 for 30 minutes, \$50 for 60 minutes and \$75 for 90 minutes. Elkady specializes in Swedish/relaxation massage, integrative deep tissue and neuromuscular therapy, reflexology, and hot and cold rock massages. She is available seven days a week, however, massage appointments must be scheduled in advance. For an appointment, call 276-4584.



Let’s get Extreme!

Xtreme Bowling At Marrington Lanes

Xtreme Bowling is held every Friday and Saturday from 9:30 p.m. to 12:30 a.m. at Marrington Lanes. The features include a fabulous light show with glow-in-the-dark bowling balls and pins, fog machines, music and dancing. The cost is \$8 per person. Go to the Xtreme with Xtreme Bowling!

Family Night Xtreme Bowling is held

every Saturday from 6 to 9 p.m. Family Night features country music, oldies and rock ‘n’ roll (you can even bring your own favorite CDs if you want). Call Marrington Lanes at 764-7235 for more information.

Anytime you are at Marrington Lanes, be sure to play Bonanza Bingo...you could win up to \$1,000! Or, try your luck with Fast Action Bingo to win up to \$2,500!

Wintertime means league time

Winter bowling leagues now forming

Winter bowling leagues are now being formed at Marrington Lanes. We offer men’s, women’s, seniors’ (ages 50 & up), mixed and youth leagues. The leagues will begin the first week after Labor Day in September. Below is a list of available leagues and times that will start soon for the winter at Marrington Lanes:

- * Seniors League-Monday, 10 a.m.
- * Turbo (Mixed)—Monday, 7 p.m.
- * League Opening-Tuesday, 6:30 p.m. (16 weeks)
- * Menriv Originals (Women)—Wednesday, 9 a.m.
- * Fleet Reserve Assn. (Mixed)-

- Wednesday, 7 p.m.
- * 21 Point Peterson (Mixed)—Thursday, 6:30 p.m.
 - * Marrington Seniors (Mixed)—Friday, 10 a.m.
 - * Friday Nite (Mixed)—Friday, 6:30 p.m.
 - * Youth Leagues-Saturday, 10 a.m.
- Don’t miss out on the winter fun at Marrington Lanes! Call the Bowling Center at 764-7235 and sign up today!

Back to School special at Frame of Mine

Be sure to take advantage of the Back to School special at Frame of Mine throughout the month of August. Receive 25 percent off all custom orders and 50 percent off select in-stock unframed prints (No limit. Offer good through August 31).

Remember that “Do-it-Yourself” framing classes are offered the first and third Saturdays of each month from 9 a.m. to 2 p.m. There is a \$30 non-refundable fee plus the cost of supplies. These are very popular classes, so you must sign up and pay in advance. For more information, call Frame of Mine at 764-4107.

SGLI Premium Rate Changes Take Effect July 1, 2006

Special release from the U.S. Department of Defense
Child Development Homes
U.S. Department of Agriculture Child and Adult Care Food Program

The Morale Welfare Recreation Department at Naval Weapons Station Charleston announces the sponsorship of the U.S. Department of Agriculture funded Child and Adult Care Food Program. The same meals will be available at no separate charge to enrolled children in each of our sponsored day care homes, and will be provided without regard to race, color, national origin, sex, age, or disability. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA’s TARGET Center at (202) 720-2600 (voice and TDD).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

For more information about the USDA Child and Adult Care Food Program at Naval Weapons Station Charleston, call Nilca Medina of the Child Development Homes Program at 764-7868.

The following family size and income guidelines will be used for determining eligibility:
Child and Adult Care Food Program
Income Eligibility Guidelines For Free and Reduced-Priced Meals
Effective July 1, 2006 to June 30, 2007

Eligibility Scale
For Free Meals

Household Size	Per Year	Per Month	Per Week
1	\$12,740	1,062	245
2	17,160	1,430	330
3	21,580	1,799	415
4	26,000	2,167	500
5	30,420	2,535	585
6	34,840	2,904	670
7	39,260	3,272	755
8	43,680	3,640	840
For each additional family member, add:			
	+\$4,420	+369	+85

Eligibility Scale
For Reduced-Priced Meals

Household Size	Per Year	Per Month	Per Week
1	\$18,130	1,511	349
2	24,420	2,035	470
3	30,710	2,560	591
4	37,000	3,084	712
5	43,290	3,608	833
6	49,580	4,132	954
7	55,870	4,656	1,075
8	62,160	5,180	1,196
For each additional family member, add:			
	+6,290	+525	+121



Any scavengers out there?

Back to school scavenger hunt

The NWS Library will have a back to school scavenger hunt today (Jul. 28) from 2 to 4 p.m. FIND A BOOK—WIN A PRIZE! Children ages 5-12 will be given a clue. When he or she finds the book, they will win a school supply. They are then given other clues and continue hunting until time is up. HAPPY HUNTING!

August is Aviation Month

August is Aviation Month and the NWS Library will give away free wooden airplanes, bookmarks and aviation handouts during the month. Hurry to the library while supplies last! For more information, call 764-7900.

August is Clown Month

In celebration of Clown Month in August, the Youth Center clown will visit the NWS Library to do face painting for all kids! Join us Friday, August 4 from 10:30 to 11:30 a.m. for all the fun. Clown coloring sheets will also be available.

Watermelon Day at the library

August 3 is National Watermelon Day. The library will be giving away pieces of watermelon to patrons after they check out at the circulation. Come in and enjoy some refreshing watermelon!

Volunteer needed for preschoolers

Do you have a couple of hours a week to spend volunteering at the library for our preschool program? The only requirement is that you love working with children. This class also requires a parent or guardian to attend with the child. If interested, come by the library or call 764-7900.

For more information about any of the NWS Library’s programs or services, call 764-7900.

The Ralph H. Johnson VA Medical Center opens new inpatient unit

By _____
Naval Hospital Charleston

CHARLESTON, S.C., July 20, 2006-The Ralph H. Johnson VA Medical Center is celebrating the completion of its newly renovated 3B North Inpatient Unit with a ribbon cutting ceremony July 28 at 1 p.m. The \$2 million project took 15 months to complete.

The 19-bed unit features five private and seven semi-private patient rooms with private baths in a home-like atmosphere. State-of-the-art medical equipment and multiple treatment access stations enhance care delivery for veteran patients.

"This unit demonstrates our hospital's commitment to providing the very best in care and in the medical environment for our nation's heroes," stated Dr. Florence Hutchison, Acting Director of VAMC Charleston. "We are proud to have this unit completed, and will soon begin remodeling our fourth floor units."

Decorated in a traditional manner with a warm color palette, the unit offers an aesthetically pleasing environment for patients and staff alike. The corridors are lined with wall coverings, sconces and art, featuring prints by local artists.

The unit provides greater efficiency for the staff as well. Nursing staff will be able to complete patient charting in alcoves conveniently placed throughout the corridors, allowing them more time to dedicate to patient needs. The physicians have a workroom conducive to their work needs. They will also enjoy use of a new break room, locker room and restrooms along with a modern nursing station.

Located in the historic part of the city of Charleston, the Ralph H. Johnson VA Medical Center is a 145-bed primary, secondary and tertiary care medical center that provides acute medical, surgical and psychiatric inpatient care. The facility also provides primary and specialized outpatient services in southeastern South Carolina and Chatham County, Georgia.



Tobacco Cessation Classes



Tobacco Cessation classes for the month of July are now in session at the Naval Hospital Wellness Clinic (Tuesdays Noon to 1:00 p.m.) and the NWS Branch Wellness Clinic (Wednesdays and Thursdays 5:30 to 6:30 p.m.).

NEW! A daytime class will be added in September at NWS on Wednesdays from 10:00 to 11:00 a.m..

For more information, call 743-7199.

www.nwschs.navy.mil



"Ligers" win in Ultimate Frisbee tournament

Photos and Story Laura Longfellow
NWS MWR

On Jul. 19th, the MWR Fitness Department hosted its first Ultimate Frisbee tournament. Held at the NWS MenRiv soccer field, the tournament had a great turnout of eight teams that consisted of seven to ten players on each team. The three-hour Frisbee tournament saw some good plays, good competitors, and a few bumps and scrapes. But that comes along with the territory of Ultimate Frisbee.

After many hard fought matches, two teams remained and they battled it out for the first place trophy. The night concluded with an exciting championship game between Mitch Cordes' "Ligers" and Thomas Simmons' "Untouchables." After a hard fought match, it was the "Ligers" who came out on top with a 12-3 victory over the "Untouchables."



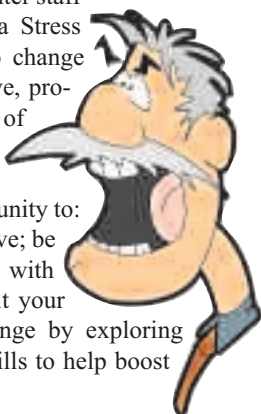
Congratulations to the "Ligers" for winning the MWR Fitness Department's first Ultimate Frisbee tournament, which was held on Jul. 19. The team members pictured here (front row, from left) are Mitch Cordes, James Keener, Joel Doebele, Ross Adams and (back row) Spencer Talley, Ryan Sprengel, Adam Jones and Jonathan Meckes. Not pictured are Jenny McDonagh and Jessie Walsh.



Meeting Your Needs. At Home. At Sea.

Feeling Stressed?

Join your Fleet and Family Support Center staff on August 8th from 1:00 -4:00 p.m. for a Stress Management Workshop that could help to change your life! This workshop provides a positive, productive discussion on the critical topic of stress. The workshop is interactive and... it's fun! You'll find that you can achieve success under stress. You'll have the opportunity to: Talk openly about any concerns you may have; be introduced to alternative ways of dealing with stressors related to change that may benefit your career and your personal life; accept change by exploring options; and develop solid stress coping skills to help boost morale and prevent burnout.



For more information, call 764-7294.

Schedule of Workshops

Aug 4	10:00 a.m. - Noon	Positive Parenting Seminar Part One
Aug 8	1:00 p.m. - 4:00PM	Stress Management
Aug 11	10:00 a.m. - Noon	Positive Parenting Seminar Part Two
Aug 15	1:00 p.m. - 4:00PM	Anger Management
Aug 17	9:00 a.m. - Noon	Spouse 101
Aug 21	9:00 - 11:00 a.m.	Infant/Child CPR
Aug 24	9:00 a.m. - Noon	Smooth Move

Every Tuesday	10:00AM-Noon	Family Employment Readiness Program
Every Wednesday	9:30 a.m. - 11:00 a.m.	Play Mornings

Registration is required.

Fleet and Family Support Center 843-764-7480/7294

Frustrated as a Parent?

Children in control?

Your Fleet and Family Support Center (FFSC) will, once again, hold a Parenting workshop for pre-school and school age children in Building 786 on the date listed below. This 2-part workshop will focus on learning and practicing effective praise, preventive and corrective teaching, and staying calm while teaching self-control to your child.

egin the school year fresh! Come join us for two exciting workshops, the first one on Friday, August 4th, and the second, Friday, August 11th from 10:00 a.m. - Noon. Must attend both workshops to obtain certificate.



Welcome to the military!

Get off to a great start by attending Navy Spouse 101

A New Spouse orientation to the Military Life.

Learn the military culture such as the jargon, rates/ranks, Chain of Command, and core values.

Understand the Mobile Lifestyle. Get your Military Checklist.

Where: Fleet and Family Support Center, Bldg. 755

When: Thursday, August 17, 9:00. a.m. - Noon

Being a Navy Spouse can be a bit overwhelming, but such an adventure!

FREE Child Care Provided for this workshop upon registration.



Summer Safety Month

Beating the Heat

Heat-related illnesses, such as heat exhaustion and heat-stroke, occur when your body can't keep itself cool. Heat exhaustion can become heatstroke, which can kill you. Signs of heat-related illnesses are: weakness, dizziness, worried feeling, headache, fast heartbeat, dehydration (dark urine), muscle weakness or cramps, nausea and vomiting.

Get medical help right away if you have these warning signs:

- * Skin that is hot and dry, but not sweaty
- * Confusion or loss of consciousness
- * Frequent vomiting
- * Shortness of breath or trouble breathing

You can prevent heat-related illnesses by wearing light-colored, loose-fitting clothes, using a hat or umbrella, applying sunscreen, drinking plenty of caffeine-free fluids, and exercising early or late in the day. Find out if any of your medicines put you in danger of heat illnesses. Pay attention to the heat index and flag status (green, red, black) each day. Small adjustments in your outdoor activities can make a big difference in your health.

Remember: You can sunburn even on a cloudy day.

Water Safety Skills

1. Everyone over the age of 3 should learn to swim. Keep in mind that the ability to swim does not make a person "drown-proof".
2. Always use approved personal flotation devices (life jackets). The Coast Guard estimates that almost 9 out of 10 drowning victims weren't wearing them.
3. Be sure safety equipment (first aid kit, life preserver) is in good condition and is easily accessible. Adults should be trained in CPR.
4. Never leave a child alone near water (pool, beach, tub) - a child can drown in very small amounts. Cover pools, drain standing water on pool covers.
5. Don't drink alcohol while boating or swimming - more than half the people who drown in boating accidents had been drinking.
6. Before going out on a boat, tell someone where you are headed and when you'll be back. Swim with a buddy. Heed warning signs.
7. Pay attention to the weather. Return to shore/get out of the water if a storm (thunder and lightning) is coming.
8. Learn as much as you can about boating and water safety. The Coast Guard Auxiliary and the U.S. Power Squadron teach classes.

Sun Safety Tips

- * The sun's rays are strongest between 10 am and 2 pm.
- * So not use sun tanning beds.
- * Apply sunscreen before going outdoors and reapply it often.
- * Sunscreen should be applied very liberally and evenly over all exposed areas.
- * Sunscreens should protect against UVA and UVB rays.
- * Sunscreens used should have an SPF 15 or higher and should contain ingredients like Avobenzone and zinc oxide.
- * Reapply sunscreen after swimming, perspiring, and towel ing off.
- * Remember than UV rays bounce off sand, snow, concrete, and water.
- * Wear a wide-brimmed hat and sunglasses.
- * Wear clothing that is dark and tightly woven.
- * Children should use sunscreen with an SPF 30 or higher.
- * Keep children under 6 months old out of the sun.
- * Always wear protective clothing when outside.

Fitness Facts

Did You Know...

- * On average, children get 3 times more sun exposure than adults.
- * The vast majority, perhaps as much as 80% of a person's lifetime sun exposure is estimated to occur by age 18.
- * Concrete, sand, water, and snow reflect 85-90% of the sun's UV rays.
- * One blistering sunburn can double a child's lifetime risk of developing skin cancer.



Appliance Safety

Residents who own personal refrigerators or freezers that are located in screened porches or carports are reminded of a mandatory requirement regarding these appliances. A functioning lock must be installed and secured whenever appliances are located outside the quarters. The reason for this requirement is obvious, safety. Small children, being the curious creatures that they are, can gain access to the inside and become trapped. Unwanted refrigerators or freezers, placed curbside for pickup, must have the doors removed. Prompt attention to this serious matter could possibly save a life.

Inoperable vehicles in Housing areas

Residents are reminded that inoperable vehicles, or vehicles not displaying current license tags, are prohibited in the Housing area. Major repairs to vehicles are also prohibited. If your vehicle is not "road ready" and will not be for an extended period, it cannot be located within the Housing area. Hobby shops are available for major repairs and their use is recommended. Owners of inoperable vehicles found within the Housing area are subject to discrepancy notices and possible towing.

A Pressing Concern

Residents are strongly urged not to allow a hot iron to come in contact with government-owned carpeting in their quarters. The iron will scorch carpet fibers to a point where satisfactory repair cannot be made. This includes attempting to patch the damaged area. The only satisfactory solution, whenever such damage occurs, is to replace an entire area of carpeting. Several residents were required to financially reimburse the government for this damage.

What is a Projected Rotation Date? Why is it so important?

For the military member, a Projected Rotation Date (PRD) is the date scheduled for rotation or transfer. This is an important date, not only for sponsors, but for the Housing Department as well. The PRD is so important, that when it is changed, Housing must be made aware of the change either by orders or by command memorandum. Why? The Housing Department requires a 30-day notice when vacating Military Family Housing. When a Notice of Intent to Vacate has not been received within 30 days of the PRD, Housing personnel must contact the sponsor and/or their command to

find out if or when the member is being transferred. It is imperative that members keep their status up-to-date.

Be Prepared!

We're still in "hurricane season!" Be prepared. If you do not already have one, pick up a copy of our hurricane pamphlet at the Housing Welcome Center, and review the section about hurricanes in your Naval Weapons Station Charleston Family Housing Manual.

Those of us who have experienced first hand the destructive power of a hurricane, know that preparation efforts are not wasted. One of the greatest dangers is "complacency". One or two "near misses" may lull us into believing it won't happen here. For the safety of ourselves, our families, our neighbors, and protection of our property, treat hurricane preparation as though every approaching storm has Charleston in its sight. It has happened before and, can happen again. We must be prepared. Upon notification that Hurricane Condition III has been set, residents can greatly assist us by securing all toys, lawn furniture, or other personal items that may become a missile-hazard during high winds. Those who own basketball goals with weighted bases are asked to lay them down. Garbage cans should be secured or located in garbage can retaining areas as well. Bachelor Housing residents are requested to secure patio furniture and personal belongings inside your assigned unit.

Bachelor Housing Note

Congratulations to CS1 (SW) Herman Moorman, Naval Weapons Station Charleston Galley and BM2 Aaron Cheeseboro, Naval Consolidated Brig Charleston for earning the Unit of the Quarter Award for Bachelor Housing. Keep up the good work! It takes personal motivation and a sense of pride to maintain BH units in a superior manner. Their efforts set an excellent example for other residents to follow. In order to provide the best possible quarters for the comfort and security of Naval Weapons Station Charleston and tenant personnel, this command and Bachelor Housing will provide total quality service to BH residents on a continuous basis, and apply standards of cleanliness, conduct and accountability for the overall well being of all residents. An individual's morale and working effectiveness are directly related to the habitability, material condition, and cleanliness of the quarters assigned. The maintenance of a high level of habitability, material condition and cleanliness is an ALL HANDS evolution of supervision and cooperation.

Congratulations to the newest Bachelor Housing Resident Advisors, SHC (SW) Charles Fields, Naval Hospital Charleston, assigned to 15 Mahan Circle, S00KC (SW) Mark Hodge, Naval Nuclear Power Training Command, assigned to 69 Knutson Street, and MMC (SS) Donald Wright, Naval Power Training Command, assigned to 69 Knutson Street. We commend them for their support and dedication and accepting the duty as a Resident Advisor. Resident Advisor meetings are held quarterly and all residents are welcome and encouraged to attend. Some of the highlights of items discussed at the Resident Advisor meeting on 29 June 2006 were:

Encouraging tenant commands to participate in either our weekly room inspection or surprise inspections for residents within their command. Our goal is for all residents to maintain high living standards on a daily basis.

Fire drills were conducted and went well, with of a leak in one room; trouble call was initiated and the problem was rectified.

Command Master Chief Shannon requested a status of trouble calls and complaints to ensure they are being handled in a timely manner.

Recent random inspections found a couple of UNSAT rooms. It needs to be passed down to the sailors that Wednesday is not the only day of inspection, rooms should be ready for inspections at all times.

If a room is UNSAT it will be re-inspected by a First Class Petty Officer or above from Bachelor Housing.

When a resident is on leave or special liberty, a copy of request chit must be posted on their door. They are still responsible for the room's condition.

If a resident's EAOS/PRD changes, they need to inform the Front Desk at Bachelor Housing so the tracker can be updated.

Sailors are reminded that they are required to file Notice of Intent to Vacate 21 days prior to checking out of Bachelor Housing.

Residents are responsible for reimbursement to the government if there is any intentional damage to their unit.

Resident's ideas and cooperation will enable us to improve services provided. A suggestion box is also located at the Front Desk in the Bachelor Housing Office. The next meeting is scheduled for August 19 at 2:00 p.m. in the lounge at 1 Mahan Circle. For questions or concerns, contact the Front Desk at 764-7646.